**Banana Pudding in a Bag**

**Ingredients:**
- 1 banana
- 6 tablespoons applesauce, unsweetened
- 2 tablespoons vanilla low-fat yogurt
- 1 sheet graham cracker, or 1/4 cup granola

**Equipment:**
- Knife
- Cutting Board
- Measuring Spoons
- Can Opener
- Quart Size Plastic Bag with zippered Closure
- Bowl

**Directions**
1. Place all ingredients in a bag, and squeeze out air.
2. Squish to mix all ingredients together.
3. Make a cut in the corner of the zipped bag and squeeze pudding in a bowl.
4. Or it can be divided by 4 and made in sandwich zipped bags for individual servings.

**Nutrition Facts**
- **Serving Size:** 1/2 cup
- **Servings:** 4
- **Calories:** 50
- **% Daily Value**
  - **Calories from Fat:** 5
  - **Total Fat** trace g: 1%
  - **Saturated Fat** trace g: 1%
  - **Cholesterol** 1 mg: 1%
  - **Sodium** 16 mg: 1%
  - **Total Carbohydrate** 12 g: 4%
  - **Dietary Fiber** 1 g: 2%
  - **Protein** 2 g: 2%
  - **Vitamin A** 9%
  - **Vitamin C** 5%
  - **Iron** 1%
  - **Calcium** 2%

*Percent Daily Values are based on a 2,000 calorie diet.

**Equipment:**
- Knife
- Cutting Board
- Measuring Spoons
- Can Opener
- Quart Size Plastic Bag with zippered Closure
- Bowl

**Number of Servings:** 4
**Preparation Time:** 5 minutes
**Total time:** 5 minutes

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**TIP:** Let kids make their own by dividing all ingredients by 4 and putting them into small zip lock sandwich bags.

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